ACADEMIC CATALOG
2026-2027



MIDWAY
UNIVERSITY

Midway University

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Course

EXS 410 - Exercise Prescription and Fitness Testing

This course presents the policies, procedures, and physiological basis for exercise testing and exercise prescription as applied to apparently healthy and special populations. The course will provide the student with practical experience with various forms of exercise testing as well as demonstrate how to utilize the data generated from exercise testing to produce a safe and effective exercise prescription designed around the goals of the exercising individual.

Grade Basis: L
Credit hours: 3.0
Lecture hours: 3.0

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